

NOTES & NEWS

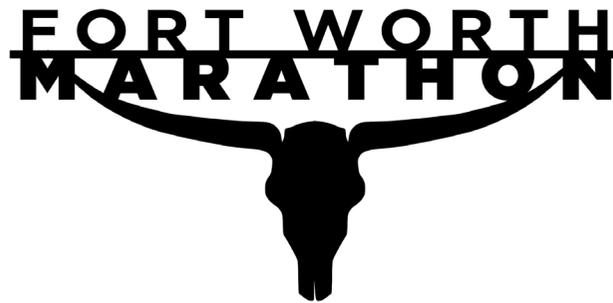
The cost of a marathon keeps going up everyone says. Truth is you are right! Marathons are costly. But the satisfaction of it is worth every penny. Running a marathon will change your life the second you cross the finish line. But we have a fix for you. **FREE TRAINING PROGRAM** that you can follow yourself. We all run for a number of reasons social aspect, accountability or just because we love it. But everyone knows at the end of the day it is all about your mentality and we know **YOU** have it in you to make that commitment. As my friend Rene Vilalobose who is approaching 1000 marathons says, "Something always hurts". We want to help you get ready for the Fort Marathon by November 13th. This 20 week training program can be used by beginners, intermediate, and advanced runners. So GO-GO-GO and [Click Here](#) to sign up.

VOLUNTEERS NEEDED

Run Like a Cheetah &
FW Marathon.

Email us

fortworthmarathon@gmail.com



Race Date: 11/13/16

[RUNS COMING UP](#)

- FEB. 20 Form Follows Fitness 5K-2016
- MAR. 5 Dallas Color Vibe 5K Run
- MAR.13 2016 Panther City Half Marathon & 5K
- MAR.26 Bunny Boogie XI 5K/ 1 Mile Run/Walk
- APR. 2 Life Matters 5K Obstacle Bubble Day Run/Night Glow Run
- APR. 16 Texas Big Star Half Marathon & 5K
- APR. 23 Foam Glow 5K
- MAY 14 2016 Second Chance Run-Fort Worth

We want to know your thoughts about a

DESIGNATED HOTEL

For the

FW MARATHON?

[CLICK HERE](#)

TO TAKE SURVEY

Deal of the Month!
Use Promo Code
DISCOUNT
For \$20 off
Marathon, Half or 20 Miler.
Expires: March 15th.
[Click here](#)
To Register

Follow us on



Quote of the month:

"We all have dreams. In order to make dreams become a reality, it takes an awful lot of determination, dedication, self-discipline and effort."

~ JESSE OWENS,
Olympic gold-medalist runner

Ribbon Cutting

We are honored to celebrate this joyous occasion on February 16th. and want to Thank the [Northeast Tarrant Chamber of Commerce](#) for accepting the Fort Worth Marathon as a member of their prestigious organization.

Article of the Month

[The Importance of a Running Base](#)

Base training is the first phase of a larger training concept called periodization, which involves a sequence of training blocks culminating in a single peak performance.

Jeff Cunningham

David Norcott Journey

Third Installment

February 15, 2016

The journey to recovery was not easy. The painkillers they prescribed could not erase the loss that David felt. They don't make a pill that can take you back in time or magically re-grow a lost limb.

The beginning of David's road to recovery lead him down instead of up. The painkillers became an addiction, an excuse for not caring. As time passed, the painkillers alone were not enough to fill his need. He found if he combined alcohol with the pills, it numbed him even more. David realizes now that he wasn't really living life. What he was doing was exactly the opposite. You wake up and take a pill. Then you start drinking. The hours turn into days. The days turn into weeks. Weeks turn into months and time flies. For more than a year, this was his new normal.

One day, by chance, David met a man who would start the process that changed his life. It happened one morning while he was waiting at a gas station, not far from his apartment. His wheelchair had broken and David was waiting for a ride for him and his wheelchair. The man and David talked a few minutes. As he was leaving, he gave David his business card. He told him if there was ever anything he could do for him to just let him know. This was the first

time he had felt anything real for quite some time. He took a giant step forward and entered a detox program. With determination and discipline, he kicked his addiction to pills and alcohol. Four months later he picked up the phone and called the man who had given him his business card: Joey Goss. They met and at the end of their visit David asked him for a job.

Before he knew it, he was working as a Construction Coordinator Assistant for Cheldan homes. Then another amazing thing happened. Brad Blessing, the architect at his new job, gave him an invitation. He asked David to be a member of the office team for the Fort Worth Zoo 5K in April 2013. He found his offer amusing and laughed and scoffed at the idea. He thought to himself, "I have no legs. How am I going to participate in a 5K?" David just couldn't seem to shake the invitation. "Then, as the week went on, the invite got louder in my spirit!" David recalls.

He was finally ready to get out of his wheelchair, get fitted for legs and walk again. He joined the YMCA and began an ambitious exercise program. David was about to embark on the most ambitious part of his journey.